

## News Notes

**Wing seeks mascot** – Eglin Air Force Base, Fla., is the home of the Nomads. Kunsan Air Base, Korea has the Wolfpack and in Eielson AFB, Alaska, the Icemen are. As the 15th Airlift Wing ushers in this new and exciting era of the C-17 Globemaster in Hawaii, Hickam members can contribute to wing identity and heritage by helping to select a new wing mascot. Along with the mascot wing leadership will also be selecting a 15th Airlift Wing motto.

The 15th Airlift Wing Commander is sending out a challenge to Hickam members to give Team Hickam a new “face” and “voice.” The deadline for entries is May 13 and ideas are to be submitted to 15aw.pa@hickam.af.mil. All members of Team Hickam are eligible to submit ideas. Once all the ideas are received, a board will pick the top entries to be voted on by all Team Hickam through the Kukini and Base E-notes. The winning entries will get a two-day pass presented by Col. Bill “Goose” Changose. Don’t miss the chance to take part in this historic event.

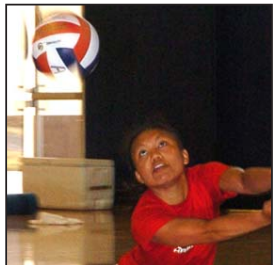
**CGOC meeting** – The Hickam Company Grade Officer Council meeting is today at 4 p.m. on the officers club lanai. For more information, contact 1st Lt. Tara Lipinski at 448-2589 or 1st Lt. Edgar Lopez at 449 8515.

**AMC long-term parking** – Beginning May 15, the Air Mobility Command terminal’s long-term parking will be relocated to the new flight simulator facility and squadron operations facility parking lot. Those needing parking after May 15 will need to make alternate arrangements for drop off. These changes are to facilitate the construction of a new parking lot and entrance to the AMC terminal area. For more information, contact Staff Sgt. Jerry Good at jerry.good@hickam.af.mil or 448-4219.

**CCAF graduation** –

See NEWS NOTES, A7

## In this week’s Kukini



**Airmen tryout for team**  
**B1**

**Around the Air Force** A8  
**Classifieds** B8-B10  
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**Sports** B1

# \$23 million project done; provides 80 more houses



Photo by Senior Airman Sarah Kinsman

**This is one of 80 units opening during phase one of the project. Several homes are equipped for physically disabled people.**

**By Senior Airman Sarah Kinsman**  
Kukini Editor

The final military construction job to Hickam housing is coming to an end.

This housing construction contract was the last one funded by Congress before the privatization was introduced at Hickam.

“These will be the last ones under MILCON and the housing office,” said Bob Crone, 15th Civil Engineer Squadron.

Eighty units on Bellows Air Force Station and Hickam fell under the contract.

Six at Bellows and 18 on Hickam are complete and the remaining 56 here to be completed by the end of May.

This is just phase one of the two-phase contract. Another 84 units are scheduled to open this fall.

The houses are three and four-bedroom units for company grade and field grade officers. In phase two, many of the houses will be for colonels and above.

Phase one cost \$23 million and phase two \$26 million.

**The ribbon-cutting ceremony for the first houses is Wednesday at 10:30 a.m. on 4th Street.**



Photo by Richard Ambo

## Deployment Support

**Above: Senior Airman Ralph Keller, 15th Civil Engineer Squadron, embraces his wife, Nicole, one more time before deploying with 73 other Hickam Airmen. The Airmen departed Monday for operations in support of the global war on terrorism.**

**This deployment is part of Air Expeditionary Force 5. Although Team Hickam is sending people on this AEF cycle, Team Hickam deploys members year-round in support of the war on terror.**

**Right: Four-year-old Sarah Kessenger enjoys her piece of pizza during the deployed spouses dinner at the Family Support Center lanai April 27. Family members of deployed Hickam members spent the evening making leis and enjoying pizza. Team Hickam hosts a deployed spouses evening once a month for all family members of deployed military members. For more information, contact the Family Support Center at 449-0300.**



Photo by Jerry “Monk” Banks

# BRAC 2005: Commission begins work on base realignments

**By John Banusiewicz**  
American Forces Press Service

**WASHINGTON** – The 2005 Base Realignment and Closure Commission began its work here Tuesday.

Commission Chairman Anthony J. Principi, former secretary of veterans affairs, administered the oath of office to the eight commissioners who will evaluate the Defense Department’s recommendations for changes in U.S. force posture.

After evaluating DoD’s recommendations, the independent BRAC Commission will submit its own list to the president for review and approval, then to Congress, which must accept or reject the list in its entirety.

“The Congress and the president look to this commission to provide an unbiased, independent assessment and

clear ‘eye of reality check’ on DoD’s proposals for restructuring the base infrastructure supporting our armed forces,” Principi said.

Principi said the commission’s work must reflect that while the United States devotes great resources to its defense, those resources are limited. “Every dollar consumed in redundant, unnecessary, obsolete, inappropriately designed or located infrastructure is

a dollar not available to provide the training that might save a Marine’s life, purchase the munitions to win a soldier’s firefight, or fund the advances necessary to ensure continued dominance of the air or the seas.”

The commission chairman acknowledged that the BRAC process will affect people. “The

## AAFES puts money back into Hickam

**DALLAS** – The Army and Air Force Exchange Service has announced that it is returning \$242.3 million to the services’ morale, welfare and recreation programs. For 2004, this dividend represents an average per capita dividend of \$277 for every Soldier and Airman, a five percent increase over last year. In 2003, AAFES paid a per capita dividend of \$264.

“AAFES’ mission is to provide goods and services at competitively low prices and generate earnings to support MWR programs,” said Brig. Gen. Toreaser Steel, AAFES commander. “These contributions to the U.S. Armed Forces and their families make AAFES a major non-pay benefit to customers.”

The value AAFES offers the military community extends far beyond its ability to provide quality merchandise and consumer services. With the help of AAFES dividends, MWR, CFSC and Air Force Services have completed hundreds of community enhancement projects at Army and Air Force installations around the world. AAFES supports the mission of the services’ MWR to improve the troops’ quality of life and the well-being of the overall military community. AAFES will continue to focus its efforts on providing value by offering low-cost shopping options and delivering an annual dividend.

“Every time troops shop at the exchange, they provide support to MWR programs, facilities and non-appropriated fund construction projects such as bowling and youth centers, golf courses and outdoor recreation,” said Brig. Gen. Steele.

Historically, roughly 67 percent of AAFES earnings are paid to MWR programs. In the past 10 years, more than \$2 billion has been contributed by AAFES to the Army and Air Force to spend on quality of life improvements for Soldiers, Airmen and their families, including libraries, sports programs, swimming pools, youth activities, tickets and tour services, hobby shops, music programs, outdoor facilities and unit functions.

AAFES support to the military is not limited to

**See AAFES, A3**

**See BRAC, A6**



## Military spouse appreciation day - thankful for your 'service'

By General Paul V. Hester  
Pacific Air Forces Commander

Each year, we set aside a special day to honor our Spouses. A simple act to annually declare that you are important to us ... blood and Air Force family together. Our actions, hopefully, tell you this message every day. Friday, May 6 is this year's Military Spouse Appreciation Day and I ask that you join me in honoring our Pacific Air Forces' Spouses. They are essen-

tial...no, vital members of the PACAF team, and we are a stronger force for our nation because of their contributions.

Our spouses cover the breadth of involvement in our communities and provide the thread that reminds us that our mission is in defense of our Nation and its families. They are the Chief's wife of 30 years who attends every military graduation and formal banquet to show her support of our dedicated Airmen; the Lieutenant's husband who helps pack her bags

and sends her off to combat while he stays home with the kids; the Tech Sergeant's wife who volunteers 60 hours a week in the Family Support Center caring for other military families; and the literal thousands of others who provide a never-ending source of encouragement and loyalty to our Airmen and their families.

Lynda and I extend our deepest appreciation to all of you for your "Service" along with the most sincere THANK YOU from a grateful Air Force.

## Oath – few simple words, but more

By Master Sgt.  
Ronald Schoolcraft  
15th Mission Support  
Squadron first sergeant

I was asked by our fabulous PA folks to write an article that I thought was important to me, concerning the military. I decided I would write about a few simple words and how they change your life dramatically, whether you want them to or not. The words I'm talking about are the oath of enlistment that I said for the first time in 1981.

Many people will memorize the oath and say it proudly as they stand with our flag, their family, their friends, ... repeating the words spoken by the officiating officer. But as you stand there repeating those words, have you ever thought of what that oath really means to you? I'll tell you what it means to me:

*I do solemnly swear ...*

This is my promise to each and every one of you that you have my word, that I am putting my integrity on the line.

*That I will support and defend the constitution of the United States ...*

I will keep faith in understanding that this is what binds our country together, that our forefathers had the foresight to formulate a document that we all still live for and die for over 200 years later.

*Against all enemies foreign and domestic ...*

As we have seen since Sept. 11, 2001, our enemies can come from anywhere, including our own homeland.

*That I will bear true faith and allegiance to the same ...*

I will demonstrate my dedication to our wonderful country regardless of my personal opinion or belief on a certain aspect. I am committed to you and our country, but our country and all its freedoms must always

come first.

*That I will obey the orders of the President of the United States ...*

Whether I voted for our president or not isn't important. What is important is that he is our commander in chief and I will stand ready to, at any time, do what is deemed necessary to protect our country. I understand that his orders are lawful and I guarantee my obedience.

*And the orders of the officers appointed over me ...*

Officers or noncommissioned officers, it doesn't matter. Officers over me have my loyalty, support and commitment. They can always count on me to do what needs to be done to the best of my abilities.

*According to the regulations and the Uniform Code of Military Justice ...*

I understand our rules, standards and discipline are what make us the greatest military. They allow us to perform our missions while knowing our families can

live in relative security, safety and freedom while we serve our country. I also know that should I digress from these rules, standards and discipline, that I can expect appropriate actions against me.

*So help me God ...*

I make this commitment from my inner being. I will draw strength from my faith in God and country. I am finishing the oath by letting God know that I put my life in his hands as I serve our great country. I do this without hesitation and of my own free will ... so help me God.

So, I ask you again, do you just say the words?

As our country continues to place its demands on us, it seems appropriate we remember and reaffirm our oath indeed our promise to our Air Force and country until we retire. But then again, as DOD civilian employees, we will support this promise as well. So does the oath ever die from our hearts? I think not.

## Hickam Voices

What is your most memorable experience with your mom and why?



Growing up we weren't very well off financially. While all my friends had wonderfully decorated houses, our house wasn't what you would call decked out. My mom sat down with me and we made homemade decorations for the house and tree. Since that time I have learned how the love of a parent can make anything happen.

**Tech. Sgt. Stephen Hayes**  
735th Air Mobility Squadron



While my mom was teaching me how to drive, I fell asleep at a stop light and she got mad and didn't go driving with me again for a very long time.

**Tech. Sgt. Patau Rhoads**  
15th Mission Support Squadron



Before I came to Hickam, I went home on leave for the first time in a few years. The whole family except Mom knew I was coming in. My sister invited her over for dinner the day I arrived. The look on her face when I opened the door to invite her into my sisters' house is something I'll never forget.

**Tech. Sgt. Eric Sutton**  
15th Medical Support Squadron



I was about 6 years old and I was sick. Back then I thought that if you got someone else sick that you would get better so I told her that I was going to cough on her and give her my cold. Then she looked into my eyes and said "If that is all you have to give me then I will take it gladly." I think back to that and realize that is a mother's love. And I am glad to have it to this day.

**Senior Airman Jenita Brown**  
15th Comptroller Squadron



My mom once grounded me for a week. On my first day of being grounded, I sat at the living room window looking outside with a sad look on my face. My mom walked into the room, saw me, and said, "Ohhhh ... go ahead and go play with your friends." I love her to death, but my mom was always too nice.

**Jerry Banks**  
15th Communications Squadron

## Grandmother passes on USA pride

By Master Sgt. Dale Maratas  
Joint POW/MIA Accounting Command

My grandmother was a hardy woman in her day. She lived the old-fashioned values of hard work: "A penny saved is a penny earned."

She was the solid rock in our family who kept us all together through rough times. Grandmother did her best to teach us the right way and to appreciate what we had, growing up in America.

She immigrated to the United States from the Philippines in 1920. She dealt with lots of changes. And she dealt with them headstrong; but times were tough at first.

She was on welfare. But she didn't view welfare as a crutch to get by. Instead, she considered her condition at the time as just a temporary state.

She was determined to carve out a

new life in her new home – America. And that's exactly what she did. No longer on welfare, she eventually opened her own store in Los Angeles and worked day in and day out, living the American dream for the next 32 years.

One of her most cherished moments was when she was granted American citizenship and she was proud of it.

"There is no place like America. Only in America, can one reap the rewards and prosperity from hard work," she'd say.

Although steadfast and strong-willed, Grandmother was also humble, and she respected everyone no matter what niche in life they made for themselves. Everyone loved her. Her love for America overflowed into a family bloodline of four generations that descended from her. Her great-granddaughter, my daughter,

attends Hickam Elementary School. Her love for learning and life is reflected in her school work, a trait I'm sure was passed down from Grandmother.

We learned from Grandmother that there is no other life than being American-born, which is embedded with freedom and liberty. Our family values, our careers and our very beings were shaped by a humble, yet determined woman who stepped off an ocean-liner onto the shores of a great nation those many, many years ago. She quickly loved and treasured her new country that offered so much to those who were willing to work hard. She was proud to be an American.

Grandmother passed away some years ago, and sometimes I'd look up at the sky and envision her smiling. Grandmother's smile sure could brighten up a cloudy day.

## Action Line

The purpose of the Action Line is in its name. It's your direct link to me so we can work as a team to make Hickam a better community.

It also allows you to recognize individuals who go "above and beyond" in their duties – and we all know there are plenty of those folks here.

All members of Team Hickam are welcome to use the Action Line; however, I urge you to give the normal chain of command the first chance at resolving problems or issues. It's only fair to give our commanders and managers the first opportunity to work issues



**Col. William Changose**  
15th Airlift Wing commander

under their responsibility. If you have done this and are still not satisfied, give my commander's Action Line a

call. If you would like me to get back to you, leave your name and number, state your issue, tell me who you have talked to and why you were not satisfied with their response.

I'll work your issue and respond verbally or in writing. The Action Line number is 449-2996. Messages may also be sent by e-mail to 15aw.pal@hickam.af.mil.

### Handicapped parking slots

**Comment:** We have a fairly large group of retirees that used to go to the officers' club buffet when the club had buffets at lunch

time. When the club gave up having the buffets, the Tradewinds Enlisted Club decided they would pick up the slack by having lunch buffets on Wednesdays, Thursdays, and Fridays.

Since many of the groups are World War II types, many of them are disabled. There are about four disabled parking slots at the Tradewinds and two extra slots in that line are reserved for the Commanding Officer and command Chief Master Sergeant of the 15th Airlift Wing. These two persons rarely come to the club for the brunches, and we have never seen

them. Would they consider giving up these two slots to help old users? Thank you.

**Response:** Thank you for bringing this to our attention. The Air Force is most definitely dedicated to ensuring that all of our customer service facilities have sufficient disabled parking stalls based upon the Americans with Disabilities Act design standards. Currently, the number of designated stalls exceeds the design standard; however, since the officer's club no longer serves lunch, we acknowledge there has been an increase in patronage at the

enlisted club. I have directed my civil engineers to designate additional temporary disabled parking stalls next to the existing ones. We will monitor the usage and reevaluate the need for permanent additional stalls in the future. Due to the numerous official functions that my command chief and I attend at the enlisted club, designated parking stalls are warranted per Air Force Instructions. I hope this answers your question. I appreciate your concern; we sincerely value the patronage of our disabled retirees and veterans.





Photo by Mysti Bicoy

## Redesignated

Col. Fred Gortler III, 70th Intelligence Wing commander, rolled up the 692d Information Operations Group guidon while Chief Master Sgt. Bernard Trame, 692nd IOG command chief, assisted and Col. Clark Kelly, 692nd IOG commander, looked on during a redesignation ceremony April 27. This ceremony marked the beginning of a new era for the 70th IW's largest group in the Pacific. The newly renamed 692nd Intelligence Group now has a clear focus on heavy lift cryptology and providing support to the Pacific Air Forces.

## AAFES, From A1

Soldiers and Airmen. Because AAFES operates at Marine and Navy locations, AAFES is also able to return funds to Marines and Sailors. The 2004 dividend for Hawaii will be distributed as follows:

Hickam AFB:	\$610,956
Schofield:	\$658,029
Hale Koa:	\$25,562
Samoa:	\$125,210
TOTAL:	\$1,419,757

"We are proud of our partnership with NEXCOM and MCX," said Brig. Gen. Steele. "I know I speak for all Exchange associates when I say that the end of year dividend is extremely important. It makes the day-to-day sacrifices much more gratifying when you see the financial benefit Soldiers, Airmen, Marines, Sailors and their families will reap from all the hard work."

Troops are not the only ones who can

enhance the annual dividend AAFES provides MWR services. Civilians can also contribute by purchasing "Gifts from the Homefront" gift certificates or "Help Our Troops Call Home" phone cards. Both programs allow anyone to make a direct contribution to the morale of troops by sending a gift certificate or phone card that can be used in any AAFES retail or phone center operation in the world including those in Operations Enduring and Iraqi Freedom.

While initial purchases made through these programs offer an immediate benefit to troops, the long term advantage is that a portion of the funds used to purchase the phone card or gift certificate this year will go back to the military community next year. "Gifts from the Homefront" gift certificates and "Help Our Troops Call Home" phone cards are both available online at [www.aafes.com](http://www.aafes.com).

# Hickam recognizes award winners during ceremony

By Senior Airman Sarah Kinsman  
Kukini Editor

The following individuals were named Team Hickam Quarterly Award winners during a breakfast April 29.

**Airman of the Quarter**  
*Airman 1st Class*  
*Lawyer Evans*  
*Pacific Air Forces*

Airman Evans is his unit's physical training leader and was key to a 92 percent pass rate. He also serves as the dorm council treasurer and volunteered 45 hours at the Airman's Attic. He also tutored 10 Radford High School students in math.

**Noncommissioned Officer of the Quarter**

*Tech. Sgt. Timothy Tart*  
*15th Civil Engineer Squadron*

Sergeant Tart helped protect the president and 50,000 attendees at the 55th Presidential Inauguration by directing bomb searches. He protected 6.5 million travelers this quarter as a member of the honorary airport security council.

**Senior Noncommissioned Officer of the Quarter**

*Master Sgt. Thomas Yereance*  
*15th Civil Engineer Squadron*

Sergeant Yereance filled in for the first sergeant during an absence and also eliminated late performance reports and decorations for two consecutive months after attending a writing seminar. He volunteered time at a Habitat for Humanity project, chaperoned a school field trip and assisted with the Hickam Carnival.

**Company Grade Officer of the Quarter**

*Capt. David Novy*  
*Headquarters, Pacific Air Forces*

Captain Novy was awarded the Bronze Star by the Secretary of the Army for his efforts in Operation Iraqi Freedom. He also visited wounded Soldiers in Baghdad, delivered care packages and set up satellite calls home.

**Civilian of the Quarter Category I**

*Ronald Galvez*  
*735th Air Mobility Squadron*



Photo by Jerry "Monk" Bates

Senior Master Sgt. Vernon Boardley makes his way down the line of award winners congratulating them after the Team Hickam Quarterly Awards breakfast April 29.

Mr. Galvez worked to get C-17 tires swapped out and necessary work done on a C-5, both essential to getting airlift moving. He ran the Arthur Rutledge Memorial Golf tournament hole-in-one contest, helping to raise \$7,000 for local charities.

**Civilian of the Quarter Category II**

*Verlyn Kupukupu*  
*735th Air Mobility Squadron*

His efforts led to 99 percent compliance during a hazardous material inspection. He expedited 410 tons of emergency cargo in support of USS San Francisco after an underwater collision. He also actively campaigned to educate kids about the dangers of drugs.

**Civilian of the Quarter Category III**

*Kevin Smith*  
*15th Services Squadron*

Mr. Smith is a lodging manager of 422 rooms and achieved 90 percent occupancy, a four percent increase. He also serves as a planner for distribution of \$50,000 in equipment and materials to support Habitat for Humanity.

**Team of the Quarter**

*Structural Repair*  
*15th Civil Engineer Squadron*

This team of individuals is key to the daily maintenance of more than 500 Hickam facilities. They prepared the stage and seating for the 15th Airlift Wing change of command ceremony.

# Pre-hypertension: New category educates people

By Norma Suarez

Tripler Army Medical Center  
Community Health Nursing

It's been almost two years and I can still remember distinctly how happy a patient of mine was after being told his blood pressure was normal. After all, his mother, father, grandmother, and grandfather all had high blood pressure.

Two months later, I received a frantic phone call from this patient asking me what he had done wrong. A nurse at a health fair he attended earlier that day checked his blood pressure twice and informed him his blood pressure was in a danger zone. It seemed unlikely that he could have possibly developed high blood pressure in such a short period of time. So what did happen?

During the past several years the medical community has learned more about the nature of blood pressure and its effects. Because of this new understanding, government officials revised the blood pressure guidelines that included a new category: pre-hypertension.

What is pre-hypertension? A systolic (top number) reading of 120 - 139, or a diastolic (bottom) reading of 80 - 89. Twenty-three percent of American adults were diagnosed with pre-hypertension with the blood pressure guideline revisions. Patients with this diagnosis are at increased risk of heart disease and stroke. Add to this percentage, the one in four Americans who have full-blown hypertension, and nearly half of all

American adults age 18 and older are in a blood pressure danger zone.

Why did the blood pressure guidelines change? Simply put, blood pressure in the pre-hypertension range is not considered normal anymore. Many of those with pre-hypertension continue on to hypertension unless there is serious intervention. Consider these statistics:

- Starting as low as 115/75, the risk of heart attack and stroke doubles for every 20-point jump in systolic blood pressure or every 10-point rise in diastolic blood pressure.
- People with blood pressure levels between 120/80 and 140/90 – levels once considered normal – have twice the risk

of heart disease as those with low blood pressure.

- People with blood pressure above 140/90 – the definition of high blood pressure – have four times the risk of heart disease as people with low blood pressure.

The good news for people with pre-hypertension (without diabetes or kidney disease) is that there is no need to take any medications. Unfortunately for those with pre-hypertension to avoid hypertension means more work than just taking a pill. The work involves moving into a healthier lifestyle which will be very good news in the long run. Healthy lifestyles help people live longer with more energy and vigor.

Healthy lifestyle changes to

prevent (and control) high blood pressure include maintaining a healthy weight, being physically active, following a healthy-eating plan, reducing sodium in a diet, drinking alcohol only in moderation, stopping smoking, and if needed for control of high blood pressure and taking prescribed blood pressure medicine as directed by a health care provider.

So quick: What is your blood pressure?

If someone doesn't know the answer to that question, they should.

May is National Blood Pressure Education Month. In observation of this month, Tripler Army Medical Center's Community Health Nursing/Health Education and Promotion section will be having

a high blood pressure education display and activities at the Tripler Dining Facility May 13 from 10:30 a.m. to 2 p.m.

Activities include blood pressure screening, body fat analysis, heart healthy diet recipe exchange, and a television demonstration of low-salt cooking. A drawing will be held to win one of three American Heart Association cookbooks, all with more than 200 healthy-cooking recipes.

Blood pressure screenings will take place every Friday in May from 11 a.m. to 2 p.m. at the following sites: Today – Fort Shafter PX; May 13 – Tripler Army Medical Center Dining Facility; May 20 – Navy Exchange Rotunda; May 27 – Schofield Barracks Commissary.

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## Crisis Response lines

Hickam Family Support Center  
**449-0300**  
Life Skills Support Center  
**449-0175**  
Law Enforcement Desk  
**449-6373**  
Base Chaplain  
**449-1754**  
Military Family Abuse Shelter  
**533-7125**



# Suicide prevention – everyone’s responsibility

## Second cause of death in AF

By Sharee Moore  
Kukini Photojournalists

Almost 50 Airmen killed themselves in fiscal year 2004 making suicide the second leading cause of death in the Air Force.

According to the Air Force Community Suicide Prevention Briefing, many of the personal problems that usually led to an attempted or completed suicide could have been resolved.

Some may argue that preventing suicide is largely an individual’s responsibility. Dr. (Capt.) Celene Fyffe, a substance abuse element leader at the Life Skills Support Center here expanded on that idea.

“We’re responsible for ourselves and for each other. It’s [part] of the wingman idea that [the Air Force] introduced last November ... It’s the community’s job to pay attention to the people they work with, so if there are changes in behavior you can refer them to the proper source,” Captain Fyffe explained.

There are several risk factors that increase the odds that behavioral or physical problems may occur.

### Risk factors

- Relationship problems
- Substance abuse or a history of abuse
- Work problems, setbacks or failures, legal problems
- Significant sleep problems that cause impaired judgment or health problems
- Financial woes
- Social isolations or major life transitions
- Feelings of powerlessness

and hopelessness, overwhelming stress

- Ownership of a gun
- Reckless behavior

Captain Fyffe recommended several local resources to help those struggling with many of these risk factors.

### Resources

**Relationship problems** – Visit or call the Life Skills Support Center in building 1105. Active duty can call 449-0175 to set up an appointment for marital counseling. Consultations are usually scheduled within a day or two.

Also, a relationship enhancement group meets in the community center. It doesn’t require paperwork and classes consist of four two-hour sessions. The chaplain’s office also conducts marital counseling and can be reached at 449-1754. Off-base referrals are an option, too.

**Emotional problems** – Visit or call the Life Skills Support Center. Active duty Airmen can be seen for counseling and family members get a one time consultation here and a referral to Tripler Army Medical Center or an off-base facility.

Life Skills classes on anger management, stress management, parenting classes and marriage courses are available for family members and active duty each week. Pick up a schedule at the Life Skills Center, building 1105, or for information call 449-0175.

The chaplain’s office, Family Support Center, building 1105, and a behavior health consultant are other resources.

**Help for youth** – Youth under 18 years old must go to Child and Adolescent Psychiatry Service at Tripler, or through Tricare for off-base counseling services. Call

Tripler at 433-2778 to make an appointment.

**Financial counseling** – Family Support Center does consultations and referrals to debt consolidation agencies.

**Drug and alcohol use or abuse** – The Alcohol Drug Abuse Treatment and Prevention Program offers several options. A one-day class is held at Life Skills once a month. Topics include drinking responsibly, managing stress, how to make decisions and saying “no.” The class is open to the entire base; walk-ins are welcomed.

Also, an outpatient ADATP program runs every week or month for two hours each session. Average treatment time is six months. Dependents are referred to Tripler for an intensive, month-long program; classes run all day. People who have a question about alcohol or drug use should visit or call Life Skills.

Some Airmen may fear their career may suffer if they seek help. Actually, by postponing treatment, job performance often goes south and an Airman could be disqualified from his or her job because of written counseling, letters of reprimand, poor performance evaluations and other administrative actions.

“Don’t [be afraid to] come in because you’re worried about your career,” Captain Fyffe said. “There is very minimal impact – if any at all.”

In 2002, the Air Force studied 1,205 Airmen who sought assistance from Life Skills Support Centers at eight bases. Three percent of self-referrals

saw their careers impacted – a small number compared to the 39 percent of commander-directed referrals who saw a negative impact.

Almost 70 percent of the Airmen either had no diagnosis or one that quickly improved - which proves that early intervention can save one’s life and career.

### Starting a dialog

“You don’t have to do this by yourself,” advised Captain Fyffe. “If you notice that somebody’s walking around looking down, call [Life Skills] and ask us, ‘hey, I have this coworker so-and-so-and-so, how should I approach them?’ and we’ll be happy to walk you through it about how to approach a person,” she said.

If one thinks they might say the wrong thing, try following these steps:

- Describe the scene: “What’s up? I couldn’t help but notice that you’ve (been distracted, late, moody, sad, etc.). How are you doing?”
- Be direct: “You seem to be going through so much, are you thinking about suicide?”
- Use open-ended questions: “How are you feeling?” “What are you doing to cope with ....?”
- Listen: Don’t interrupt them while they’re sharing. Focus on their emotions.
- Express concerns and desire to help: People who survive a suicide attempt are shocked to find many people cared

about them. Don’t be judgmental or use reverse psychology. Instead refer them to the resources listed.

Every Airman has the responsibility to help prevent suicide. Take the time to identify risk factors, tell the commander or first shirt and seek

professional help. The life saved could be your own.

(Visit the Air Force Suicide Prevention Web site at [www.afms.mil/afspp](http://www.afms.mil/afspp) and click “Products” for more suicide prevention tips. Information gathered from the Air Force Community Suicide Prevention Briefing.)

## Suicide prevention

By Sharee Moore  
Kukini Photojournalist

Individuals should know when the stress may be becoming too much to handle. If any of the following signs appear, it may be time to seek help.

Warning signs that stress levels are rising

- Sleep – it’s hard to fall asleep, stay asleep or wake up
- Interests – the activities that used to give you enjoyment don’t anymore
- Energy – feeling tired all the time, no motivation and feeling rundown
- Concentration – it’s difficult to concentrate or make decisions
- Appetite – eating more or less than usual, unintentional weight loss
- Relationships – not wanting to hang out with family or friends, withdrawal
- Drinking or smoking more than usual
- Mood – easily frustrated, irrational anger, frequent crying, irritability

Decreasing the risk factors in your life

- Learn effective coping and problem solving skills
- Enlarge social and family support network by joining a church, club, association or gym; volunteer
- Increase physical activity – taking care of yourself encourages positive feelings
- Know that it is ok to ask for help
- Get a positive attitude
- Participate in community activities – even if there is no motivation to do it.

*(Editor’s Note: Call the Life Skills Support Center at 449-0175 to sign up for wellness classes or to talk to a counselor. Also, people seeking counseling can contact a chaplain at 449-1754.*



**Hit and run**  
An active duty Air Force member notified security forces about her vehicle being damaged while parked at her place of work.

**Damage to private property**  
An active duty Air Force member notified security forces about his privately owned vehicle being damaged while parked in the resale lot.

**Harassing phone calls**  
An active duty Air Force member notified security forces about an unknown person calling his place of work on 40 occasions and harassing him.

**Possession of a controlled substance**  
An active duty Air Force member notified security forces about a verbal altercation at his quarters. Further investigation revealed drugs and drug paraphernalia.

**Theft of private property**  
An active duty Air Force member notified security forces about his son's bicycle being stolen from their quarters. Estimated value: \$105.

**Damage to private property**  
An active duty Air Force member notified security forces about his privately owned vehicle being damaged while parked at his quarters. Damages consisted of a contractor accidentally spray painting the vehicle.

**Loud noise complaint**  
An active duty Air Force member notified security forces about loud talking

and shouting emitting from his neighbor's quarters in the early morning hours. Further investigation revealed a teenage birthday party was taking place. The occupants were briefed on the installations quiet hours policy.

**Theft of bicycle**  
An active duty Air Force member notified security forces about his son's bicycle being stolen from their quarters.

**Damage to government property**  
An Air Force civilian employee notified security forces about a hole in the wall in the arcade of the bowling alley. An unknown person(s) also damaged several arcade games in the immediate area.

**Suspicious package**  
An active duty Air Force member notified security forces about a package left on his desk with the word "BOMB" written on it. Further investigation revealed the package was meant to be a joke and the suspect didn't realize how serious this prank would be. The suspect was apprehended and charged.

**Domestic disturbance**  
An Air Force family member reported assault in progress at her neighbors quarters. Patrolman arrived on scene and separated both parties. The first sergeant was notified and responded. A report was filed.

**Shoplifting**  
A civilian guest of a military family member was detained by Army and Air Force Exchange Service store detectives for shoplifting. She was processed and eventually released to her sponsor. Total cost of stolen merchandise: \$11.

**Theft of video game**  
An active duty Air Force member notified security forces about his video game being stolen from his vehicle. Estimated value: \$50.

# Team Hickam members get punished under UCMJ

While punishments imposed for similar offenses may appear to vary from case to case, each case is decided based on a number of factors and on its own specific facts. Punishments vary, based on such factors as an offender's age, prior work and disciplinary record, financial condition, suitability for continued service and the level of severity of the particular offense committed. To ensure fair administration of justice throughout the Hickam community, the legal office reviews all cases.

A captain was charged with one specification of dereliction of duty, in violation of Article 92, Uniform Code of Military Justice, and one specification of dishonorable failure to pay a debt, in violation of Article 134, UCMJ. Punishment consisted of suspended forfeiture of \$1,000 pay per month for two months and a reprimand.

A staff sergeant was charged with one specification of failure to go, in violation of Article 86, UCMJ, one specification of failure to obey a lawful general regulation and one specification of dereliction of duty, both in violation of Article 92 UCMJ. The sergeant was also charged with one specification of disorderly conduct, in violation of Article 134, UCMJ. Punishment consisted of suspended reduction to senior airman, forfeiture of \$200 pay per month for two months (one month suspended), and a reprimand.

A senior airman was charged with one specification of dereliction of duty, in violation of Article 92, UCMJ, and one specification of dishonorable failure to pay a debt in violation of Article 134, UCMJ. Punishment consisted of suspended reduction to airman first class and 14 days extra duty.

An airman first class was charged with one specification of larceny and wrongful appropriation, in violation of Article 121, UCMJ. Punishment consisted of reduction to airman, seven days restriction and seven days extra duty.

An airman first class was charged with one specification of dereliction of duty and one specification of failure to obey a lawful order, both in violation of Article 92, UCMJ. Punishment consisted of suspended reduction to airman, 14 days extra duty and a reprimand.

An airman first class was charged with one specification of failure to obey a lawful order and one specification of underage drinking, both in violation of Article 92, UCMJ. The airman first class was also charged with one specification of drunk and disorderly conduct, in violation of Article 134, UCMJ. Punishment consisted of reduction to airman, suspended reduction to the grade of airman basic, forfeiture of \$200 pay per month for two months (one month suspended) and a reprimand.



Photo by Michael Dey

## Congrats to newest NCOs

15th Airlift Wing Command Chief Master Sgt. James LeVack swears in the newly appointed non-commissioned officers during the monthly wing promotion ceremony held at the Tradewinds Enlisted Club April 29.

## BRAC, From A1

words ‘closure’ and ‘realignment’ are easy to write on paper,” he said, “but they do have profound effects on communities and the people who bring those communities to life. The ripples of the proposals the secretary of defense will present to our nation and to us will be tsunamis in the communities they hit.” But no decision on closure or realignment will be arbitrary, he added.

“The Congress, in authorizing the 2005 BRAC, recognized the necessity for cost-effective operation of our armed forces,” Principi said. “The Congress, in establishing this commission and in setting forth the standards against which we are charged to measure DoD’s proposals, also ensured these decisions would not be made in a vacuum, and that DoD’s proposals and their rationale and supporting data would be subject to independent analysis and assessment.”

DoD must submit its list of recommended closures and realignments to the commission by May 16, and the commission must send its report to the president by Sept. 8.

The 2005 BRAC commissioners are:

- Former Nevada Rep. James Bilbray, who was a member of House committees on

foreign affairs, armed services and intelligence.

- Philip Coyle of California, a senior adviser to the Center for Defense Information. He has served at DoD as an assistant secretary of defense.
- Retired Navy Adm. Harold Gehman Jr., who served more than 35 years on active duty, including duty as NATO’s supreme allied commander, Atlantic.
- Former Utah Rep. James Hansen, who served on the House Armed Services Committee. He served in the Navy.
- Retired Army Gen. James Hill, whose 36-year career culminated with duty as commander of U.S. Southern Command.
- Retired Air Force Gen. Lloyd “Fig” Newton, who served in uniform for 34 years.
- Samuel Knox Skinner, who served as President George H.W. Bush’s chief of staff and as secretary of transportation. He served in the Army Reserve from 1960 to 1968.
- Retired Air Force Brig. Gen. Sue Ellen Turner of Texas, a member of the American Battle Monuments Commission. She served for 30 years, most recently in the Office of the Air Force Surgeon General.

## NEWS NOTES, From A1

The Community College of the Air Force graduation is Tuesday at 2 p.m. in the Tradewinds Enlisted Club ballroom. The base training and education services office will be closed May 10 for the event.

**AFSA meeting** – The Air Force Sergeants Association Chapter 1550 general membership meetings are held the third Tuesday of every month at 3:30 p.m. at J.R. Rockers. The next meeting will be held May 17. For more information, contact Master Sgt. Ronald Pompa at ronald.pompa@hickam.af.mil or 448-1681.

**Hickam Food Court activities** – On Mother’s Day, the first 50 mom’s receive a free rose at the Hickam Food Court. It’s kids night at the food court May 18 from 6 to 8 p.m. Learn to make crafts, paint or play games. Everyone is welcome to join the Hickam Food Court team May 30 from 2 to 3 p.m. for a free slice of cake in celebration of Memorial Day. The food court will give tours of its food operations for school field trips. For more information, call 423-7203.

**Cub Scouts** – The leaders and scouts of Cub Scout Pack 197 invite all boys currently in the first grade through fifth grade to join Cub Scouts. Pack 197 is hosting a special recruitment meeting Thursday at 6:30 p.m. in the Nimitz Elementary School cafeteria.

For more information, contact Doug Persons at 423-7325 or dspersons@earthlink.net.

**Case lot sale** – The Hickam commissary will have a case lot sale May 14 and 15 from 9 a.m. to 5 p.m. The sale offers shoppers the chance to buy bulk quantities at savings of up to 50 percent.

**Notice to motorists** – A reduction in lanes along Hangar Avenue running along buildings 1102, 2030, 2035, 2040 and 2045 is scheduled to continue through May 31.

The reduction is to run underground electrical lines across the roads. For more information, contact Henry Wong at 448-7845.

**Parent Advisory Board** – The Hickam Parent Advisory Board Luncheon is May 26 from 12:15 to 1 p.m. at the community center’s Maui garden room. The luncheon is free and open to all parents and children in the base child development programs.

For more information or to sign up, contact the Main CDC at 449-9880, CDC West at 449-5230 or FCC at 449-1879.

**HOSC event** – The Hickam Officers’ Spouses’ Club will hold a scholarship banquet May 17 at the Officers’ Club Polynesian Gazebo. The social begins at 6 p.m. and dinner begins at 6:30 p.m. Cost for this function is

\$17.95. Reservations must be made by noon May 13 and permanent reservations apply for this function. Members must be present for a chance to win the membership appreciation grand prize. For reservations, contact Jolande Murray (A-L) at 423-7097 or Jeannette Ramirez (M-Z) at 422-7444.

**Education survey** – All of Team Hickam is invited to complete the Air Force Education Needs Assessment Survey at <https://afvec.langley.af.mil>.

This survey is conducted annually to assess the educational needs of the base population and is used to measure satisfaction, quality, availability, delivery, service, and to gauge the effectiveness of on-base programs.

**New graduate program** – Embry Riddle Aeronautical University is currently accepting applications for its masters of science in technical management degree program, projected to be available in August. For more information, contact Kelly Wilmeth at 422-0835 or stop by the office in Hangar 2, room 117.

**Education programs** – The University of Oklahoma offers a masters of arts degree in managerial economics and a masters degree of public administration. The OU non-thesis programs can be completed in 18 months. For more information, call 449-6364.





Editor's Note: To read the complete stories and find more Air Force News, go to [www.af.mil](http://www.af.mil).

### Moving tents eases with ingenuity

**SOUTHWEST ASIA (AFP)** – Airmen with the 386th Expeditionary Civil Engineer Squadron used their ingenuity when they were asked to move a neighborhood of tents more than a mile.

"We did a similar job when we got here in January, and we got the job done, but it wasn't very efficient," said Senior Master Sgt. Kerry Roberts, 386th ECES structures superintendent.

The Airmen needed to move 17 tents from the ghost town that was formerly a bed-down location for Soldiers awaiting transportation.

In January, they moved tents to the same location and it took 20 people hundreds of man hours and thousands of dollars to get the tents moved.

"We tried several ways to relocate the floors, but each method was unsuccessful," Sergeant Roberts said. "We had to abandon the floors altogether and move only the tents by flatbed trailer to the new location," he said.

But the job got several of the structures specialists thinking, said Tech. Sgt. Raymond Saunders who invented a "jig" that could be bolted to the top of the floor. After he came up with the design, structures troops Senior Airman Josh Gulick and Airman 1st Class David Krause welded and bolted the jig together. *(Story by Staff Sgt. William Farrow, 386th Air Expeditionary Wing Public Affairs)*

### Earn more money while deployed

**AFGHANISTAN (AFP)** – Do you remember when you were young being told "nothing good is ever free," and "if it sounds too good to be true then it probably is"?

The U.S. government offers any servicemember serving in a designated combat zone, qualified hazardous duty area, or directly supporting of a combat zone, an opportunity to participate in a savings program that is free, guaranteed and fully backed by the U.S. government.



Photo by Tech. Sgt. Scott Sturkol

## Who nose?

**KARSHI-KHANABAD AIR BASE, Uzbekistan – A C-130 Hercules maintenance Airman replaces the radar in the nose of a C-130 April 27. He and other Airmen of the 416th Air Expeditionary Group are deployed here supporting Operation Enduring Freedom.**

Whether active duty, Reserve or National Guard, servicemembers are eligible to contribute up to \$10,000 to a no-risk, no-fee, program that pays 10 percent annual interest, compounded quarterly. Moreover, they can leave funds in the program for up to 90 days after redeployment and the account will continue to draw interest.

Servicemembers are able to contribute to their Savings Deposit Program account on a monthly basis. The maximum amount per month is limited to the individual's unallotted income, the amount remaining after the collection and payment of all existing taxes, allotments and debt obligations. Deposits to the program made on or before the 10th of the month accrue interest from the 1st of the month. Deposits made after the 10th of the month accrue interest from the first day of the following month.

Servicemembers are able to make deposits into the

program after serving 30 consecutive days in a designated area or by spending one day per month for three consecutive months in a designated area. To establish an account, visit the local finance office with a current Leave and Earnings Statement and make a deposit by cash, check or money order. With an appropriate power of attorney, outside parties can make deposits into the program, as long as it does not exceed the servicemember's monthly disposable income. *(Story by Army Capt. Patrick Sampsell, 208th Finance Battalion)*

### Digital advances produce improved unmanned aerial vehicles

**WASHINGTON (AFP)** – One day on a gray-painted aircraft carrier tossed by turbulent seas, a grizzled Navy commander awaits the arrival of a new

pilot.

A teeny knock pings from the outside of the officer's watertight steel door.

"Come in," the commander growls. The door swings open and a squat, cylindrical object negotiates itself over the threshold and then trundles into the officer's quarters.

In a metallic voice the robot cheerfully announces: "R2-D2 reporting for duty, sir!" Already nauseated by the shifting ocean, the commander loses his lunch.

Although the scenario depicted above is imaginary, Defense Advanced Research Projects Agency researcher John S. Bay predicts that fully automated unmanned aerial vehicles will be commonplace in the not-so-distant future as human warfighters rely more and more on flying R2-D2s.

Mr. Bay said Defense Secretary Donald H. Rumsfeld and Air Force Chief of Staff Gen. John P. Jumper "have both set high goals

for automation in UAVs."

An electrical engineer by training, Mr. Bay has for the past four years worked on a special Defense Department-endorsed project -- the Software Enabled Control program -- that marries cutting-edge computer technology with robotics to produce improved fixed- and rotary-winged unmanned aerial vehicles.

"The goal of the program is to improve the level of automation for air vehicles," including unmanned and manned systems, he said. This involves the implementation of "innovative control systems" that take advantage of recent breakthroughs in computer software. *(Story by Gerry J. Gilmore, American Forces Press Service)*

### AFRL robots work to counter bomb threats

**WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFP)** – After a

civil engineer was injured by a submunition while clearing a beddown area during the early days of Operation Iraqi Freedom at Tallil Air Base, Iraq, it was time to find a solution to the problem

Robotics research group officials are investigating the next generation of robotic devices to address rising threats from terrorist explosives.

The Tyndall Air Force Base, Fla., based group is developing small robots that will be able to conduct visual reconnaissance and detection as well as defeat the devices. It is part of the Air Force Research Laboratory's materials and manufacturing directorate.

The currently used system began as a range-clearing platform in 1996.

Before that, the Airborne Red Horse explosive ordnance disposal Airmen did not have equipment with the capability to defeat large weapons of mass destruction, nor a device that could remotely detonate and remove unexploded ordnance from mission-critical airfields or bed-down locations, officials said.

They had to walk a patch of land looking for evidence of explosives poised to rip apart anyone and anything in its path.

"Our EOD teams were limited to using a slow and extremely hazardous one-man, one-bomb technique to clear (unexploded ordnances)," said James Russell, program manager for Air Combat Command's EOD modernization at Langley AFB, Va. He is in charge of Air Force agile combat support modernization initiatives.

New equipment being studied include a large robot, weighing about 9,000 pounds, developed to defeat large vehicle bombs. These larger robots can carry a "significant sensor payload" to detect bombs and move at higher speeds, said Al Nease, the group's director. *(Story by Larine Barr, Air Force Research Laboratory Public Affairs)*



### Junior Golf program

Registration for the annual Summer Junior Golf Program continues at Mamala Bay Golf Course. Junior golfers will be placed in two age groups: 7-10 and 11-13 year olds. Each junior golfer will receive a set of golf clubs, a shirt, hat, golf balls and tee pack along with five lessons for \$99.

The final lesson will consist of a playing lesson and golf outing followed by a banquet and awards ceremony. Summer Junior Golf begins June 20 and runs through July 26. Sessions will be held for each age group Mondays and Tuesdays at 1 to 1:45 p.m., 2 to 2:45 p.m. and 3 to 3:45 p.m. Registration deadline June 6. For additional information and registration, call the Pro Shop at 449-2047 or 449-6490.



### Bowl for Stars and Strikes

The annual Bowl for the Stars and Strikes program begins May 15 at the Hickam Bowling Center. The program is filled with games and prizes to include a \$500 cash grand prize to be drawn at the end of the program (August 15). For information, call the bowling center at 449-2702.

### Fitness month

May is fitness month and there are a lot of fitness programs being conducted in a joint effort by the fitness and sports center and the health and wellness center. A blood pressure and cholesterol screening will be held at the HAWC today from 10 a.m. to 2 p.m.

Monday the Walk 4 Life Challenge signup will be at the HAWC with a body fat screening to be conducted from 11 a.m. to 1 p.m. at the fitness center. Thursday the fitness center hosts "Yoga by the Sea" from 5:30 to 6:30 p.m. at Hickam Harbor. For full details on all the fitness activities being held in May, contact

the fitness center at 449-1044.

### \$1 Bowling

The Hickam Bowling Center is honoring active duty personnel during military appreciation week by offering \$1 bowling Monday through May 13. Show a military ID from 10 a.m. to 4 p.m. and start bowling. This is a great bowling week for the entire family. Call the center at 449-2702 for details.

### Free spouses dinner

Active-duty club members are invited to bring their spouse to the Officers' Club May 13 for Military Spouse Appreciation Day. Order a meal and your spouse dines free. No coupons will be accepted in conjunction with this offer.

### Wright Bros. dinner

Wilbur and Orville's Wright Bros. Café & Grille is open for evening dining. Enjoy a meal in the oceanfront restaurant or outside on the lanai with cool tropical breezes and sunsets for prices that will please the pocketbook. Dinner is served Saturdays, Sundays, Mondays and Tuesdays from 5 to 8 p.m. Call 448-4608 for more information.

### Dart tournament

Show off your dart throwing skills and have some free popcorn at the community center's spooky dart challenge May 13 from 5 to 7 p.m. The tournament will have three different participant categories: active-duty military, civilian/dependent and retirees.

### Storytime

The Hickam library will host two children's storytimes May 11 and 25 for this fun and educational program. Storytime is conducted from 9:30 to 11 a.m. at the library. Call 449-8299 for more information.

### Free fun for youth

Operation Cope Deployment offers Hickam youth free fun! OCD is a quality of life outreach initiative meant to ease the stresses of deployment for children of deployed parents. Youth ages 5 through 12 and teens ages 13 through 18 will be offered the chance to take field trips, join in dis-



cussions about deployments and participate in activities throughout the month of May. Join the community center and the outdoor recreation program Sunday from 1 to 5 p.m. at the Hickam Harbor for a kickoff barbeque where youth may sign up for free field trips.

OCD offers a trip to Kualoa Ranch May 7 for 5 to 12 year olds for a day of shrimping, snorkeling, kayaking and beach activities. May 14, teens will be invited to view the dolphins at Makaua Beach and kayak. A trip to the Polynesian Cultural Center is planned for youth 5 to 12 years old May 21 for an educational field trip featuring the Polynesian culture. Teens can participate in a Diamond Head crater hike and boogie boarding at the beach May 21. Field trips are free for dependents of deployed families. Program t-shirts and lunch will be provided. Call the community center at 449-2361 for information.



### Life guard course

American Red Cross "Guard Start" life guard course will be held through May 20 with classes running Tuesday

through Friday from 6-9:30 p.m. at Pool 2. Cost is \$75 per person and includes instruction and testing. Text books and Pocket Masks are available at the ARC office. Become a certified life guard through American Red Cross. Call 449-5215 for details.

### Sailing classes

Start sailing right is a basic sailing program that will teach students how to sail small boats. Classes run through May 28. Cost is \$160 per person and covers textbook, personal flotation device and instruction. Classes will be held in the evening with weekend group lessons and six hours of private sailing time with an instructor. Call 449-5215 for information and registration.

### Groovy 70s night

Tonight is the first Friday in May and that means "Groovy 70s Night" at the officers' club's first Friday event. The evening begins with the Pau Hana Party in the Green Room at 4:30 p.m. and then it's on to the Koa Lounge for Groovy 70s music provided by DJ-G Man from 7-10 p.m. Join in the disco fun at May's First Friday.

### Hanauma Bay

Hickam teens get a chance to see Hawaii's ocean life up close and personal when the Teen Center travels to Hanauma Bay on Saturday. Cost is \$10 per person and includes transportation and park entrance fee. Bring your own fins and mask or rent on site for \$7. Call the Teen Center at 449-2233 for information.

### Crazy pajama party

Party in your PJs at the Kidsports wild and crazy pajama

party on Saturday. Children will play games, eat dinner and get a chance to break a piñata from 6-8 p.m. Cost is just \$15 per child. Call Kidsports at 448-6611 for reservations.

### Spring Craft Fair

The 30th annual Hickam Spring Craft Fair and Family Fun Day will be held on Saturday from 9 a.m. to 3 p.m. at the Arts & Crafts Center on Kuntz Ave. More than 100 craft vendors will be on hand with a wide variety of outstanding handmade crafts.

Along with the crafts are



craft demonstrations, live entertainment, the 4th annual dog show and great food. This is an all day 'family' event. For more information, call 449-1568 or visit the Hickam Arts & Crafts Center in Bldg 1889 on Kuntz Avenue.

### Bowling with mom

Mother's Day is Sunday. Bring the family to the Hickam Bowling Center from 12 noon to 4 p.m. and mom bowls free! Enjoy an afternoon of action and cool fun on Mom's special day.

### Mother's Day Sunday brunch

Join the tradition of Mother's Day Sunday brunch at the Hickam Clubs. The year's largest brunch will be held at the enlisted and officers' clubs with seatings at the E'Club at 10 a.m. and 12:30 p.m. and at 10, 11 and 1 p.m. on the O'Club lanai. Additional seatings are planned for 10:30 a.m. and 12:30 p.m. in the O'Club dining room. Tickets are required to attend the enlisted club event while reservations

are encouraged for the officers' club. Treat Mom to this traditional event. Cost is \$20.95 with a \$2 member's first discount. Call the enlisted club at 449-1292 or the officers' club at 448-4608 for information.

### Shop for mom

A "Shop for Mom" excursion is planned by Hickam Pre-Teens. Youth will be transported to the Pearlridge Mall Saturday from 2-4 p.m. to find a gift for Mom. Pre-teens can signup at the Teen Center. Call 449-2233 for information.

### Scrapbook club

The Community Center's Scrapbook club meets Fridays for an evening of scrapping from 5 to 9 p.m. The club is a place to learn and share ideas about scrapbooking and to meet new friends. Cost is \$10 per person. Call the Community Center at 449-2361 for information.

### Bowl turning classes

Some of the most beautiful wooden bowls are made here in Hawaii. Learn how to make one and take the masterpiece home when finished. The Hickam Wood Shop conducts bowl turning classes Mondays from 6 to 9 p.m. Experience PACAF's best equipped wood shop and learn a skill that will last a lifetime. For information on the bowl turning class or other wood shop programs, call 449-1582.

### Early week golf special

Golfers, take advantage of the "Early Week Special" at the Par 3 Golf Course during the month of April. Play nine holes and get a second round of nine holes at half price.

This chance to perfect the short game is valid Mondays from 6:30 a.m. to 4 p.m.; Tuesdays from 1 to 8 p.m. and Wednesdays from 6:30 a.m. to 4 p.m. This is a limited time offer and is not valid on AF 'down' days or holidays. The second round of golf must be played on the same day. For details, call 449-2093.